



Osgood-Schlatter Disease

Does your teenager often complain of knee pain? They're not alone! The Osgood-Schlatter condition is common in active, rapidly growing teenagers.

During growth spurts, the muscles around the knees can become very tight. This involves a part of the knee called the tibial tuberosity, which you will notice is the bump just below your knee-cap (patella).

Pre-teens and young teens (between 11-14 years old) are often affected by Osgood-Schlatter because the bones are growing fast at this age.

Being super keen on sport unfortunately might add to the problem. Any activity can cause Osgood-Schlatter, but it's more common in activities that involve a lot of jumping and cutting, like basketball, netball, volleyball, soccer and gymnastics.

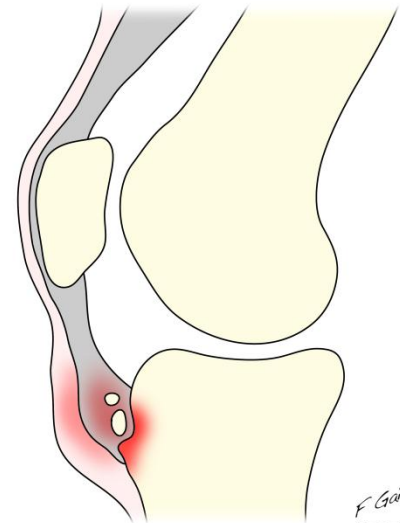
The good news is that you can help treat the pain in the knee by using the **RICE** protocol.

Rest the knee from the painful activity

Ice the affected area for 20 minutes every 2 hours

Compress the painful area with an elastic bandage

Elevate the leg



If the knee remains uncomfortable during this time, you should consult a Physiotherapist. They will look at a range of factors, including biomechanics that may be contributing to the problem. Treatment options can include:

- Massage
- Joint movements
- Stretches or strengthening exercises
- Activity Modification
- Taping

To make an appointment with one of our Physiotherapists, contact us (02) 4746 3373.

4647 3373

www.lasp.com.au

2/22 Somerset Ave Narellan

16 Broughton St Camden